

## **Announcements for September 3, 2023**

### **Bhajan Chanting Session**

Directly following the Sunday reading service next Sunday September 10, we will have a 1-hour chanting session of bhajans held in the chapel from 12 - 1 p.m. Longer periods of chanting will be interspersed with brief periods of meditation. All are welcome, including children, for any length of time.

### **Spanish Reading Service**

A Spanish Sunday reading service will be held 12 - 1 p.m. on Sunday, September 17, immediately following the regular Sunday reading service. Printouts will be provided with words to the prayers and chants in Spanish. All are welcome.

### **Janmashtami Celebrations**

On Thursday, September 7, we will celebrate Janmashtami, a Commemorative Service honoring the birth of Bhagavan Krishna. The service will begin at 8 p.m. and will be preceded by a silent meditation from 7 - 7:45 p.m. During the meditation, ushers will allow late arrivals to enter silently. Please bring a flower and a monetary offering in an envelope as symbols of devotion and loyalty to our Gurus.

On Saturday, September 9, we will have a long Kirtan meditation for Bhagavan Krishna from 10 a.m. - 4 p.m. There will be a 30-minute break at 12:30 p.m. and group Energization Exercises at 9:40 a.m.

### **Kriya Tour**

It is our pleasure to announce that Self-Realization Fellowship monastics will be visiting Seattle from September 22–24, 2023, for a Kriya Tour. During the weekend there will be inspirational programs, meditation classes, and a Kriya Yoga initiation. You can find the complete schedule of the program on our website: [srfseattlecenter.org](http://srfseattlecenter.org).

### **Service**

The subject for today's service is "Surmounting Life's Troubles."